

# Whats happening this month?

National Baby Sleep Day - 1st March — Dedicated to showing the importance of sleep for a baby as well as their parents in the long run. Initiated by the Paediatric Sleep Council, it encourages us to understand the sleeping patterns of babies since they spend a lot of time sleeping, and it plays a crucial role in their growth and development.



World Teen Mental Wellness Day—2nd March Aims to highlight the importance of mental health for teenagers, a demographic that faces significant mental health challenges. Established in 2020 by the nonprofit organization Teen Mental Health, this day serves as a platform to educate young people about mental wellness, reduce stigma, and encourage them to seek help when needed.

World Down Syndrome Day - 21st March— A symbolic date to observe World Down Syndrome Day on because the third month of the year represents the unique tripling of the 21st chromosome, which is what causes Down Syndrome.



World Tuberculosis Day— 24th March. Created to raise awareness about tuberculosis (TB), its prevention, and the importance of early detection and treatment. The day serves as a reminder of the global efforts required to end TB and the ongoing challenges faced in combating this disease.

*Dunelm Medical Practice – Across the city of Durham—Bearpark—Gilesgate—Framwellgate*

Kelvin House, 1-2 Victor Terrace, Bearpark, Durham, DH7 7DG

Tel: 0191 373 2077

Email: [nencicb-cd.a83030.bearpark@nhs.net](mailto:nencicb-cd.a83030.bearpark@nhs.net)

Gilesgate Medical Centre, Sunderland Road, Durham, DH1 2QQ

Tel: 0191 386 4242

Email: [nencicb-cd.a83030.gilesgate@nhs.net](mailto:nencicb-cd.a83030.gilesgate@nhs.net)

Framwellgate Medical Centre, 50 Front Street, Durham, DH1 5BL

Tel: 0191 386 6044

Email: [nencicb-cd.a83030.framwellgate@nhs.net](mailto:nencicb-cd.a83030.framwellgate@nhs.net)



*Dunelm Medical Practice – Across the city of Durham—Bearpark—Gilesgate—Framwellgate*

## Dunelm Medical Practice Newsletter March 2026



If you've ever been  
raped, sexually assaulted  
or abused

Turn to us  
We are here

Sexual assault referral centres 'SARCs'  
provide a safe space,  
specialist care and support 24/7



Turn on notifications and never  
miss a message

The NHS is raising awareness of Sexual Assault Referral Centres – a specialist service that offers care and support to anyone who's been raped or sexually assaulted at any time in their life.

**They are available to call for an appointment 24/7 across England**, however, many rape and sexual assault survivors do not know where to go or who to turn to for help. This campaign is here to help promote the important work they do and signpost people in the right direction.

SARCs offer a range of specialist care and support including; immediate emotional support, testing and assessment for STI and HIV, referrals to relevant sexual health, mental health, and sexual violence services as well as support from an independent sexual violence. If it happened recently, they also offer DNA examinations and emergency contraception.

**When someone visits a SARC, the team will listen and care for them in a space that is safe.** They will talk through the different options and will never tell them what to do. Help is still available from a SARC without having to talk to police or report what happened.

SARCs provide more than just medical care – they're here for you, when you need them. If you have been raped or sexually assaulted and don't know where to turn, search 'SARCs' or go to: [nhs.uk/SARCs](https://nhs.uk/SARCs) to find out more.

Our nearest Sexual Assault Referral Centre is

The Meadows - Durham SARC  
Newcastle Road  
Chester-le-Street  
County Durham  
DH3 3UA

Phone—0330 223 0099—24 hours



In an emergency you should always call 999. If you are unable to safely talk to the operator answering your 999 call, press 55 on your handset to let them know you are there.

## Send and Receive Messages in the NHS App

GP practices and other parts of the NHS can send you secure messages in the NHS App.

You might get appointment reminders, prescription updates or invitations to important cancer screenings. You can also use the App to contact your GP.

Make sure you don't miss anything by turning on notifications in the app and in your phone's settings. Here's how:

- **Open the NHS App** on your smartphone.
- Tap the **Account & settings** icon (usually in the top right).
- Select **Manage notifications**.
- Tap **Go to device settings** (this opens your phone's notification options).
- In your phone settings, **allow notifications** for the NHS App.

Reopen to the NHS App — notifications are now enabled so you'll see messages and alerts.

